

- 1. Bairdmore School**  
K - 5 English  
700 Bairdmore Blvd.  
Winnipeg | MB | R3T 5R3  
P: 204.261.3350  
F: 204.269.9946
- 2. Beaumont School**  
K - 5 English  
5880 Betsworth Ave.  
Winnipeg | MB | R3R 0J7  
P: 204.895.2820  
F: 204.895.3196
- 3. Beaverlodge School**  
K - 5 English  
6691 Rannock Ave.  
Winnipeg | MB | R3R 1Z3  
P: 204.895.8213  
F: 204.895.0804
- 4. Bison Run School**  
K - 8 English  
60 Frontier Trail  
Winnipeg | MB | R3Y 2H1  
P: 204.488.1973  
F: 204.275.7570
- 5. École Bonnycastle School**  
K - 4 English  
K - 4 French Immersion  
1100 Chancellor Dr.  
Winnipeg | MB | R3T 4W8  
P: 204.261.9400  
F: 204.269.3797
- 6. Chancellor School**  
K - 5 English  
1520 Chancellor Dr.  
Winnipeg | MB | R3T 4W8  
P: 204.261.9535  
F: 204.275.6571
- 7. École Crane**  
K - 4 French Immersion  
888 Crane Ave.  
Winnipeg | MB | R3T 1T9  
P: 204.453.0539  
F: 204.477.0783
- 8. Dalhousie School**  
K - 5 English  
262 Dalhousie Dr.  
Winnipeg | MB | R3T 2Z1  
P: 204.269.4101  
F: 204.261.8374
- 9. École Dieppe**  
K - 4 French Immersion  
530 Dieppe Rd.  
Winnipeg | MB | R3R 1C4  
P: 204.889.1034  
F: 204.889.2430
- 10. General Byng School**  
K - 8 English  
1250 Beaumont St.  
Winnipeg | MB | R3T 0L8  
P: 204.452.3040  
F: 204.284.9287
- 11. Laidlaw School**  
K - 8 English  
515 Laidlaw Blvd.  
Winnipeg | MB | R3P 0L2  
P: 204.888.1678  
F: 204.888.2058
- 12. Linden Meadows School**  
K - 8 English  
335 Lindenwood Dr. E.  
Winnipeg | MB | R3P 2H1  
P: 204.489.0799  
F: 204.489.8803
- 13. Oakenwald School**  
K - 5 English  
666 Oakenwald Ave.  
Winnipeg | MB | R3T 1M4  
P: 204.474.0269  
F: 204.477.8504
- 14. Pacific Junction School**  
K - 5 English  
715 Cathcart St.  
Winnipeg | MB | R3R 3M7  
P: 204.831.7099  
F: 204.832.5754
- 15. Prairie Sunrise School**  
K - 5 English  
10 Ryerson Ave.  
Winnipeg | MB | R3T 3P9  
P: 204.269.1400  
F: 204.261.6908
- 16. Ralph Maybank School**  
K - 5 English  
20 Donnelly St.  
Winnipeg | MB | R3T 0S4  
P: 204.453.4631  
F: 204.452.6339
- 17. River West Park School**  
K - 8 English  
30 Stack St.  
Winnipeg | MB | R3R 2H3  
P: 204.895.7225  
F: 204.888.2515
- 18. Royal School**  
K - 5 English  
450 Laxdal Rd.  
Winnipeg | MB | R3R 0W4  
P: 204.889.6650  
F: 204.889.6665
- 19. École St. Avila**  
K - 6 French Immersion  
633 Patricia Ave.  
Winnipeg | MB | R3T 3A8  
P: 204.269.5677  
F: 204.269.3759
- 20. École South Pointe School**  
K - 8 English  
K - 8 French Immersion  
615 Kirkbridge Dr.  
Winnipeg | MB | R3Y 0N1  
P: 204.594.4434  
F: 204.275.3605
- 21. École Tuxedo Park**  
K - 4 French Immersion  
2300 Corydon Ave.  
Winnipeg | MB | R3P 0N6  
P: 204.889.3602  
F: 204.889.3609
- 22. École Van Wallegem School**  
K - 8 English  
K - 8 French Immersion  
1 Princesmere Rd.  
Winnipeg | MB | R3P 1K9  
P: 204.489.0995  
F: 204.489.3792
- 23. Westgrove School**  
K - 5 English  
50 Westgrove Way  
Winnipeg | MB | R3R 1R7  
P: 204.895.8208  
F: 204.895.0801
- 24. Whyte Ridge School**  
K - 4 English  
400 Scurfield Blvd.  
Winnipeg | MB | R3Y 1L3  
P: 204.488.4245  
F: 204.489.1857

# Welcome to Kindergarten



*A handbook for parents of pre-school children*

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## Planning for Kindergarten

This is a very exciting time for you and your child. Kindergarten registration generally takes place during the winter term. During the year your child turns five, you can contact your neighbourhood school for information, or to arrange a visit. Watch for information about orientation and registration dates in local newspapers.

### Conclusion

The Pembina Trails School Division is committed to promoting the healthy development of children through home, school and community partnerships. Children do better when nurtured and stimulated by caring adults who know them well. We hope you find this reference helpful.



## *Community Resources*

<b>Access Winnipeg West</b>	204.940.2453
<b>Charleswood Library</b>	204.986.3072
<b>Child Development Clinic</b>	204.258.6628
<b>Children's Hospital Emergency</b>	204.787.2306
<b>Family Dynamics</b>	204.947.1401
<b>Fort Garry Library</b>	204.986.4918
<b>Fort Garry Women's Resource Centre</b>	204.477.1123
<b>Health Links</b>	204.788.8200
<b>Leisure Guide (City of Winnipeg)</b>	311
<b>Manitoba Child Care Association</b>	204.586.8587
<b>Manitoba Child Day Care Office</b>	204.945.0776
<b>Manitoba Speech and Hearing Association</b>	204.453.4539
<b>Millennium Library (Winnipeg Public Library)</b>	204.986.6450
<b>New Directions</b>	204.786.7051
<b>Pembina Trails Library</b>	204.986.4369
<b>River Heights Health &amp; Social Services</b>	204.938.5500
<b>South Winnipeg Family Information Centre</b>	204.284.9311
<b>Winnipeg Harvest</b>	204.982.3663

## *Parents and Caregivers*

All of the trustees and staff in the Pembina Trails School Division look forward to welcoming you and your child into our schools and to working with you to ensure the best possible start to your child's educational life. Parents, caregivers and relatives are children's first teachers and have much to contribute to the school and home partnership.

We share the information contained within this brochure to acknowledge the learning that has occurred long before children come to school and to demonstrate our commitment to working with you to enhance your child's growth and development.

We hope that this brochure will be helpful as you prepare your child for entry to school and the excitement of kindergarten.

### *Board of Trustees*



## *Encouraging Growth ...*



The years before children turn five shape the rest of their lives. Research has shown that early experiences and challenges are vital in stimulating brain development.

How can we prepare children for kindergarten? Children develop the social, emotional, intellectual, communication and physical skills essential for lifelong learning as they interact in their communities. Parents, grandparents, child care workers, teachers, neighbours, family and friends all contribute to this development.

The following pages outline important developmental milestones that children are reaching during their preschool years. Use these as a guideline to help you observe your child's development.

Remember that children are unique individuals who develop at their own rate. They are continually learning from their daily experiences. Pembina Trails is an inclusive school division and we welcome families to work with us and feel comfortable to start a conversation about meeting your child's needs.

### **You can help by ...**

- Encouraging independence in dressing, going to the bathroom, eating and brushing teeth, as well as allowing your child time to practice and being patient
- Following Canada's Food Guide
- Visiting your doctor and dentist regularly
- Keeping a regular bedtime that ensures about eleven hours of sleep each day
- Using car seats and seat belts correctly
- Teaching children safety rules for matches, helmets, poisons, fire and traffic
- Modeling and encouraging personal health habits
- Practicing for emergency situations (e.g. 911 or fire drill)
- Teaching children about water safety
- Keeping a watchful eye on children
- Removing hazards from your home and outdoors
- Providing a variety of experiences, space and materials for cutting, drawing, doing puzzles and using blocks
- Demonstrating and encouraging correct pencil grip and letter formation
- Playing large ball activities (e.g. kicking, throwing, catching, rolling, bouncing)
- Following through with set routines

## *Physical Development*

When children's basic needs are met they are comfortable and ready to learn and play with others. Good health care and nutrition are essential for healthy development.

### **It is important for children to learn to ...**

- Follow set routines for meals, washing, brushing teeth and bedtime
- Use good habits like eating with a fork, closing their mouths when chewing, covering their noses to sneeze and washing their hands after using the toilet and before eating
- Take care of all their own toilet needs
- Follow simple safety rules
- Eat healthy foods
- Ride a tricycle
- Throw, catch, bounce and kick a large ball
- Walk up and down stairs with alternating feet
- Balance, hop and jump on one foot
- Jump with two feet together
- Put puzzles and small building toys together
- Cut with scissors
- Draw and colour pictures
- Hold a crayon or marker in the proper fashion
- Attempt to print their full name

You will also find activities that help to promote and stimulate growth in each area of development. It is important to remember that these are general guidelines. Children will reach these milestones at their own pace.

If you have any questions or concerns after reading this handbook, please contact your doctor, neighbourhood school or one of the many resources available in our community.



## *Social and Emotional Development*

From birth, children express their emotions. It is important for them to develop a full range of emotions from sad to happy to angry and learn to handle them appropriately. Social development involves getting along with others. Healthy social and emotional development prepares a child for full participation and success in kindergarten.

### **It is important for children to learn to ...**

- Do things independently such as dress/undress, wash/dry hands and face, brush teeth, take care of own toilet needs and stay with activities to completion
- Take turns
- Follow rules and routines with family and groups
- Share
- Ask for help when in need
- Use words to solve problems and express feelings
- Separate without anxiety from parents or caregivers
- Show concern for others
- Show respect for others rights, property and feelings
- Play well with other children

## *Encouraging Growth ...*

### **You can help by ...**

- Getting at eye level, showing your interest and being an active listener
- Talking about what you are doing
- Naming and describing objects and activities
- Singing songs, reading books, playing games together
- Using open-ended questions (e.g. "What do you think?" or "How do you feel?")
- Keeping your conversations going by repeating parts of what your children say and waiting for them to respond
- Waiting for a response without interruption - it sometimes takes children longer to put their thoughts into words
- Repeating what they have said incorrectly, using correct sound or words
- Giving children practice following longer directions
- Talking, talking ... and more talking



## Communication Development

Children communicate to express their ideas, emotions, needs and experiences. They also listen to, and understand, messages sent to them. As communication skills develop, children use language more and more to learn about their world.

### It is important for children to learn to ...

- Talk about everyday experiences
- Keep conversations going for several turns
- Use longer sentences of at least five words
- Tell and re-tell stories
- Follow directions with more than one step
- Ask plenty of questions
- Answer questions that involve reasoning
- Make requests and add reasoning (e.g. I want a drink. I am thirsty.)
- Pronounce most speech sounds correctly (common exceptions: l, r, th, sh, ch, s)
- Make themselves understood by strangers
- Stay with one activity for a minimum of ten minutes
- Adjust language level to fit with adults or younger children
- Pretend, create, make up songs and stories
- Use polite language (e.g. please, thank you, excuse me)

## Encouraging Growth ...

### You can help by ...

- Watching and observing children at play and showing them how to be friends and encouraging them to talk together to solve problems
- Allowing children to take reasonable age-appropriate risks
- Treating children and others with respect as well as being a good role model
- Playing games to practice taking turns, sharing and following rules
- Letting children know what is expected of them and what they are able to do
- Providing opportunities for playing with other children
- Giving children small responsibilities around your home
- Allowing them to take responsibility for their own behaviour and actions
- Rehearsing and talking about new situations before they happen
- Teaching your children how to be respectful





## *Intellectual Development*

Children's intellectual growth is stimulated through play and interactions with others. The development of thinking, language, problem solving and memory skills assist children in learning how to read, write and do mathematics.

### **It is important for children to learn to ...**

- Listen to a story
- Understand directional concepts (e.g. in, over and behind)
- Tell stories
- Sing songs and recite rhymes
- Know their own age, address and phone number
- Recite the alphabet
- Notice print
- Recognize and attempt to produce their name in print
- Notice differences and similarities
- Recognize a few colours and shapes
- Recognize a few numbers and letters
- Count to ten or beyond
- Use drawings to show their ideas

## *Encouraging Growth ...*

### **You can help by ...**

- Spending time and reading with your child daily
- Interacting and talking about everyday experiences (e.g. laundry, dinner)
- Encouraging and praising early attempts at reading, writing, counting and drawing
- Displaying printed items around the home (e.g. shopping lists, greeting cards)
- Pointing out environmental print (e.g. exit signs, food labels, street signs)
- Observing and talking about your world (e.g. shapes, colors, animals, nature)
- Exploring your community resources such as the library, park and grocery stores
- Providing a variety of materials for sorting (money), sequencing (by size), matching (toys) and measuring (baking)
- Counting often as a part of daily activities
- Playing games that stimulate memory of what was seen or heard
- Singing songs, reciting nursery rhymes and poems together

